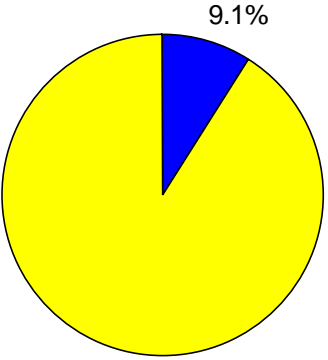


# Fairfax-Falls Church Community Services Board

## 106-12-Alcohol and Drug Adult Residential Services

Fund/Agency: 106		Fairfax-Falls Church Community Services Board	
Personnel Services	\$7,284,520	<p style="text-align: center;"><b>CAPS Percentage of Agency Total</b></p>  <p style="text-align: center;">9.1%</p> <p style="text-align: center;">90.9%</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <span style="color: blue;">■</span> Alcohol and Drug Adult Residential Services  <span style="color: yellow;">■</span> All Other Agency CAPS         </div>	
Operating Expenses	\$2,542,626		
Recovered Costs	\$0		
Capital Equipment	\$0		
<b>Total CAPS Cost:</b>	<b>\$9,827,146</b>		
Federal Revenue	\$1,750,023		
State Revenue	\$1,749,977		
User Fee Revenue	\$248,606		
Other Revenue	\$11,767		
<b>Total Revenue:</b>	<b>\$3,760,373</b>		
<b>Net CAPS Cost:</b>	<b>\$6,066,773</b>		
Positions/SYE involved in the delivery of this CAPS	127/125.62		

### ► CAPS Summary

**Alcohol and Drug Adult Residential Services** provides a comprehensive residential treatment continuum for the most impaired substance abusing adults and their families throughout the service area. Most clients have previous outpatient treatment failures, are Court involved, and are receiving services through multiple human service agencies. Clients have the highest degree of addiction and generally have lost most social support systems including family, employers, church, etc. Clients who are parents often have children in foster care or have children for whom their parental rights have been terminated. Services are provided in a residential living environment that provides structure, support, and supervision. Highly intensive and intensive residential programs provide 24 hour a day treatment, supervision, and support. Supported Living programs provide on-site supervision less than 24 hours a day, based on client need.

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The continuum of residential services includes:

- detoxification
- long-term treatment
- intermediate length treatment
- supportive housing
- comprehensive case management

Services provided by programs include:

- 24-hour supervised residential living
- individual and group counseling
- family therapy
- substance abuse education
- vocational counseling
- life skills training
- individualized treatment planning
- urinalysis surveillance
- behavior monitoring

Services are provided at various sites throughout the County and include both directly operated and contractual programs. ADS Adult Residential Services provides three levels of treatment that correlate with the American Society of Addiction Medicine (ASAM) Levels of Care: highly intensive, intensive, and supported living.

### **Highly Intensive Treatment Services**

Highly Intensive Services (Medical and Social Detoxification Services) are provided at The Fairfax Detoxification Center and through contract with the Alexandria Community Services Board at the Alexandria Regional Detoxification Center.

Highly Intensive Treatment Services are provided 24 hours a day, seven days a week, 365 days a year. The Fairfax Detoxification Center provides medical and social detoxification services to residents who otherwise would remain intoxicated in the community. ADS also contracts for additional social detoxification services for individuals in the southern part of the services area with the Alexandria Community Services Boards Social Detoxification Center. Detoxification services provide a cost-effective alternative to hospital based service delivery. Generally, there are three or more staff on duty during waking hours and two or more staff on duty during sleeping hours. Clients are admitted to services seven days a week, including day, afternoon, evening and nighttime admissions. The staffing pattern has a wide range of professionals including substance abuse counselors, nurses, psychiatrists, and physicians.

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Clients of the Detoxification Program receive crisis stabilization, medical and clinical assessments, comprehensive referral services, and detoxification monitoring. The Fairfax Detoxification Center is considered state-of-the-art innovative programming that includes acupuncture and methadone detoxification. The Public Inebriate Diversion Program funded with a grant from the Department of Criminal Justice Services is designed to bring individuals who are drunk in public to sobering up services in lieu of arrest.

The client length of stay for highly intensive treatment services is generally from 7 to 14 days.

### **Intensive Treatment Services**

ADS programs included in this service area include Crossroads, New Generations, Cornerstones, A New Beginning, and Recovery House. Contractual services with Second Genesis and Vanguard Inc. provide additional long-term and intermediate treatment beds.

Intensive Treatment Services provide therapy, treatment, and support in a residential environment 24 hours a day, seven days a week, 365 days a year. Generally there are two staff on duty during waking hours and one staff on duty during sleeping hours. Through the provision of treatment activities and a therapeutic environment, the program assists clients in developing a sober, drug-free lifestyle; increasing employability; eliminating antisocial and criminal activity; and developing pro-social values. The client length of stay is generally from 90 days to 12 months.

Cornerstones, a sixteen-bed residential treatment program for clients with co-occurring mental health and substance abuse disorders, provides comprehensive substance abuse, mental health, and psychiatric services on-site. Prior to the opening of the program in 1999, there were no residential treatment options of this type for clients with dual disorders. This innovative program has been the subject of regional attention and is considered one of the premiere dual diagnosis programs in the area.

The Fairfax-Falls Church, Arlington, and Alexandria Community Services Boards worked collaboratively to develop residential treatment services for Spanish-speaking clients.

A New Beginning is a thirty-five bed residential treatment program for clients in need of rehabilitation. Residents rehabilitate through an intensive phase of treatment followed by a re-entry phase in preparation for transition back to the community. Family participation is a vital aspect to treatment success.

Crossroads Adult is a 55-bed long-term therapeutic community with an additional 12 apartment beds for clients transitioning back into the community. Clients complete the residential phase of the program then enter a continuing care phase to allow them to make a smooth transition into the community. During this phase, there are many services available to clients providing the support needed to complete recovery.

New Generations, an eight-bed residence, with an additional twelve community transition beds, serves pregnant and post-partum women and their children. This long-term program involves three phases. Phase I of the program enables clients to learn how to function within the structure of the primary residential treatment facility. During Phase II, clients move to a supervised residence and find employment and child-care services while continuing treatment. Phase III completes the residential portion of the program allowing clients to find housing on their own while receiving counseling and support to complete recovery.

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Recovery House is an eight-bed supervised transitional treatment program for adult males involved with the criminal justice system. These clients are on active probation or parole and have previously participated in a substance abuse treatment program. Clients work during the day and return to a house within the community in the evening. Treatment services are then provided on-site.

### **Supported Living Treatment Services**

This service includes three components: the Residential Admissions Unit which orients, prepares and case manages clients waiting for residential services, the ADS Services to the Homeless Shelter which offers education, intake, assessment, and referral services to residents of the County shelters, and the ADS Apartment Program.

The Apartment Program includes 10 units for a total of 36 beds and provides transitional living services for clients who have completed other treatment programs or need supported living in the community in order to maintain their recovery. Supported Living Treatment Services provide treatment, structure, support, and comprehensive case management in a residential environment less than 24 hours a day. Services include assessments, group counseling, individual counseling, crisis intervention, and support. The goal of the program is to assist the clients in attaining the skills necessary to live a productive, sober life in the community. After completing intensive treatment services, clients often transition to less intensive supported living treatment services.

Contract Management oversight is provided by Adult Residential Services for all contract programs through on-site observations, clinical consultation, case management, review of outcome measures, and coordination of Quality Assurance/Quality Improvement activities.

### **Quality Assurance and Staff Development**

For information on CSB's comprehensive Quality Improvement (QI) Plan, Risk Management Plan, and CSB-wide training and staff development initiatives, please refer to the Overview section.

Specific to this CAPS, CSB Alcohol and Drug Services (ADS) programs conduct client satisfaction surveys and collect measurements on face valid indicators supported by the Center for Substance Abuse Treatment and the Center for Substance Abuse Prevention. These face valid indicators include measures for improvements in reduced alcohol/drug use, reduced criminal/antisocial activity, and increased productivity in school or work.

### **Community Outreach**

Outreach efforts are conducted based on the specific goals of each service area. Outreach is conducted through Prevention, Crisis Intervention and Assessment, and Youth, Adult and Residential Services to reach at-risk and high-risk individuals throughout the community. The populations who are at-risk and high-risk include, but are not limited to, the indigent, language minorities, immigrant refugees from war-torn nations, those with HIV/AIDS, pregnant women and women with dependent children under the age of 18 that are engaged in substance abuse/addiction. Outreach strategies tailored to a specific program's mission and target population are employed.

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Annually, ADS participates in the production of Public Service Announcements (PSAs). The PSAs have focused on Prevention, Youth Services, specialized programming, information related to the Communities that Care Youth Survey, and general information related to access of services, including signs and symptoms of abuse and addiction.

### **Accomplishments**

- In FY 2001, the Highly Intensive Services program provided detoxification services to 826 individuals. The Public Inebriate Diversion program provides diversion from the Adult Detention Center for individuals who are Drunk in Public. In FY 2001, this program provided services to 538 individuals in lieu of arrest, thus allowing law enforcement officers to spend critical time on other community matters. Since the inception of the program, there has been a 41 percent drop in the Drunk in Public arrest rate in Fairfax County.
- During FY 2001, the Crossroads Adult Residential Treatment Program has designed a treatment track for individuals with co-occurring mental health and substance abuse disorders who are in need of long-term residential treatment. Psychiatric services and comprehensive medication services are now provided on-site, thus reducing barriers to treatment and increasing positive treatment outcomes. Of the clients who participated in the Crossroads Adult Residential Treatment Program in FY 2000, 96 percent were employed or in school upon completion of the program. For clients participating 90 days or more, 83 percent had improved employment or school status after discharge. Of the clients who participated in the Phoenix intermediate length treatment program, ninety-two percent were employed or in school upon discharge from the program. For those who participated 30 days or more, 70 percent showed improved employment or school status.

The establishment of the Viviendo Saludable program by the Fairfax-Falls Church, Arlington, and Alexandria Community Services Boards will be a major accomplishment in the expansion of the continuum of care for Spanish-speaking clients. The three CSB's worked collaboratively to develop a residential treatment program for Spanish-speaking clients. The program represents the only residential treatment program of this type for Spanish-speaking clients in the Northern Virginia Region.

- The Supervised Apartment Program, in an effort to ensure that clients with co-occurring mental health and substance abuse disorders have appropriate supported living treatment options available, developed a new treatment track for clients with co-occurring disorders. The program developed close, collaborative ties with the Cornerstones Program to create a seamless service delivery system to serve clients in this population. During the past year, the Supervised Apartment Program was also awarded a grant from the U.S. Department of Housing and Urban Development to provide Supported Living and Treatment Services to homeless individuals.

### **Funding Sources**

Funding sources include Fairfax County; the Cities of Fairfax and Falls Church; DMHMRSAS; the Virginia Department of Criminal Justice Services for public inebriate diversion services; the Substance Abuse Prevention and Treatment (SAPT) Federal Block Grant; the University of Maryland for Federal High Intensity Drug-Trafficking Area (HIDTA) services; the Federal Housing and Urban Development supportive housing program; Medicaid State Plan Option, and fees from clients.

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### ► Trends/Issues

The following issues continue to challenge ADS' efforts to provide Residential Services to adults in the CSB service area:

- In the Virginia State Comprehensive Plan for 2002-2008, 441 individuals in the CSB service area were identified as needing substance abuse residential services who were unable to access the appropriate level of service.
- There has been a steady increase in the number of clients needing residential treatment services from diverse populations, many of whom are non-English speaking. This has stressed the current residential treatment programs to devise innovative methods to deal with the needs of this diverse population.
- Clients in need of residential services are often unable to safely wait for residential placement, thus resulting in extensive use of costly crisis services, including hospital emergency rooms, mental health emergency services, crisis care residential homes, and mental health institutes.
- There is a growing population of clients who have co-occurring disorders of both mental illness and substance abuse problems.
- ADS Adult Residential Services has a total of four grant-funded programs. The grant-funded portion of the Supervised Apartment Program (HUD grant) and the Viviendo Saludable Program for Spanish-speaking clients (CSAT grant through Arlington County) are scheduled to expire in approximately two years. CSB will work with the grantors to extend these grants and, if necessary, seek to identify alternate funding sources to keep these programs operating.
- The Detox Diversion program (DCJS grant) and the Recovery House program (HIDTA grant) both receive the same rate of grant funding that they did at the inception of the grant. If this trend continues, other funding sources will have to be located to maintain the same level of client services.

### **Participant Characteristics**

ADS Adult Residential Services provides treatment, supervision, and support for the most impaired substance abusers and their families. Clients have problems in multiple areas of their lives including legal involvement, employment, family relationships, health status, and mental health problems. Homelessness, suicide attempts, incarceration, unemployment, HIV and Hepatitis C are common client characteristics. Clients involved in this level of treatment have a long history of using substances, have considerable court involvement, and/or unsuccessful treatment attempts at the outpatient level. Clients requiring this level of services are in need of a structured, stabilized treatment environment where they learn the skills necessary to maintain sobriety to become productive citizens.

ADS Adult Residential Services provides treatment to the mandated priority population determined by DMHMRSAS. The priority population includes: individuals who are diagnosed with substance dependency; individuals who are diagnosed with substance abuse within a targeted population (women who are pregnant or who have custody of or live with dependent children under the age of 18, and individuals who fall within the adult mental health priority population who have severe diagnoses); and individuals who exhibit violent behavior related to substance abuse/addiction.

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### ► Method of Service Provision

Adult Residential Services is provided through a combination of directly operated and contract services. Contracts include detoxification services provided by the Alexandria Regional Detoxification Center, Intermediate length treatment provided by Vanguard Services (Phoenix Program), and long-term treatment provided by Second Genesis. Viviendo Saludable, an intermediate length program for Spanish-speaking clients, is operated by Vanguard Services as a result of a grant from the Center for Substance Abuse Treatment. All other services are directly operated.

Hours of Operation: Hours of operation for the highly intensive and intensive residential programs are 24 hours a day, 365 days a year. Hours of operation vary for supported living programs, but are generally Monday through Friday from 9:00 a.m. to 7:00 p.m., based on client need.

### ► Performance/Workload Related Data

Title	FY 1998 Actual	FY 1999 Actual	FY 2000 Actual	FY 2001 Actual	FY 2002 Estimate
Persons Served	2,694	2,740	2,717	2,651	2,655
Bed Days	68,788	70,584	74,972	74,154	76,046
Hours of Service	10,328	10,816	10,836	10,210	10,836

### Satisfaction Results

- 98 percent of the clients in the Crossroads long-term program reported being satisfied with services.
- 95 percent of client in the Phoenix intermediate length program reported being satisfied with the services.

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### ► Mandate Information

This CAPS is Federally or State mandated. The percentage of this CAPS' resources utilized to satisfy the mandate is 1 - 25%. The specific Federal or State code and a brief description of the code follows:

Federal Substance Abuse Prevention and Treatment Block Grant, 45 CFR 96.131 mandates that pregnant women receive services within 48 hours of agency contact to intervene and interrupt the associated health risks for the women and their unborn children and 45 CFR 96.121, 126 mandates that services be prioritized for individuals that engage in intravenous drug use to intervene and interrupt the associated individual and community health risks of HIV/AIDS and Hepatitis.

- Code of Virginia Section 18.2-254 allows individuals to be sentenced to treatment programs in lieu of incarceration. Programs have extensive monitoring and reporting responsibility and must immediately inform the Court of the release of any such client.
- Code of Virginia Section 37.1-194 mandates provision of case management services as a core service within the Community Services Board (CSB);.
- Code of Virginia Section 37.1-197.1 mandates function of single point of entry into the publicly funded mental health, mental retardation, and substance abuse services system.

### ► User Fee Information

Subobject Code	Fee Title	FY 2002 ABP Fee Total
N/A	FY 2002 CSB Schedule of Fees. The current fee schedule is available in the Agency Overview.	\$248,606
Current Fee		Maximum Allowable Fee Amount
Once the treatment plan is determined, the fees for services will be set according to the FY 2002 CSB Fee Schedule.		N/A
<b>Purpose of Fee:</b> Fees are charged to offset the cost of providing treatment services.		
Levy Authority	Requirements to Change the Fee	Year Fee Was Last Adjusted
CSB Policy on Reimbursement  <u>Code of Virginia</u> Chapter 10, 37.1-197(7)	The CSB Schedule of Fees is reviewed and established annually by the CSB Board and submitted to the Board of Supervisors.  The client or other legally responsible party is responsible for paying the full fee for services. A client or other legally responsible party who is unable to pay the full fee may request a subsidy, supplemental subsidy and an extended payment plan.	2001
<b>Other Remarks:</b>		